



www.yogaandwellness.com
anahat@yogaandwellness.com
(803) 765-2159

Dear Students,

I extend a warm welcome to you! I trust that your participation in my online classes and courses will provide experiences that will uplift your spirit, inspire your heart, and provide you with a great sense of well being in mind and body.

Please review the policies below. **Feel free to contact me with any questions or concerns!** Your feedback is welcome. Thank You.

On-going Class Payment Options:

- ◆ Single Class Pass \$15
- ◆ 8 Class Pass \$88
- ◆ 4 Class Pass \$48
- ◆ Private Online Lessons:
 - 1 person - \$75 per hour
 - 2 people - \$95 per hour
 - 3-6 people - \$125 per hour
 - 7+ people - \$175 per hour

Payment for classes, courses and events is accepted online with either PayPal or Square.

New Student Registration:

As a new student please read the disclaimer that is part of the **New Student Registration**. You must fill in and submit this **New Student Registration** online before you may participate in any classes, courses or events at Yoga And Wellness.

Recommendations For The Best Experience

- ◆ Wear comfortable clothing. Clothing should be conducive to breathing, stretching & moving.
- ◆ Shoes are best removed for a good experience.
- ◆ It is recommended that you own a mat.
- ◆ It is best that you not wear heavy jewelry while participating in a course, class or event.
- ◆ Participants will be muted during live classes and events. We will unmute at the end for participant questions and conversation.



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Preparing For Your Yoga Practice:

- ◆ It is recommended that you do not eat solid food an hour before you practice yoga and meditation. If your stomach is full, your body's energy will go towards digestion, especially if you have overeaten and taken too much beverage with a meal. It is also recommended that you wait until an hour afterwards to consume solid food so your body can absorb and assimilate the effects of your practice, but a beverage like herb tea, water or juice is ok. If you must eat, eat very light!
- ◆ Create a "sacred space" for your practice free of distractions. Include a yoga mat, a blanket for relaxation and support and a shawl or scarf to cover your head for meditation.
- ◆ Keeping something of spiritual significance in your space like photos or an object brings energetic support and sustenance to your practice.
- ◆ Brush the teeth and clear the sinus passages.
- ◆ Wear light clothing. It is said that wearing white enhances the effects of yoga and meditation practice.
- ◆ Begin with a moment of silence tuning into the flow of your natural breathing as you breathe in and out of the nostrils. (If you have sinus issues very lightly purse the lips. In this case awareness of the breathing anatomy will develop with practice and the changes that come through your breathing practice can generally help you to breathe better.
- ◆ Begin with humbleness and gratitude for your practice and the privilege of it.